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SHARING.

'YOU'RE EITHER IN THE BOAT OR YOU'RE NOT'

DAY 1 OF METRO'S LOOK AT IMMIGRATION — PLANS WOULD MAKE THE ROAD TO CITIZENSHIP EVEN HARDER; PLUS WATCH 'THE STORY OF US' **PAGES 8 & 9**



OK, so you're saying there's still a chance?

Canucks fans can clutch to faint playoff hopes **PAGE 17**

Gaze long into the abyss ...

And use Metro AR to release the horror of Oculus **PAGE 12**



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Early mornings

WAVES COFFEE HOUSE

Coast guard pulls six from frigid waters

Hazardous rescue.

Captain says success in such a situation doesn't happen often enough



EMILY JACKSON
emily.jackson@metronews.ca

Six people are lucky to be alive after their sailboat sank off the coast of British Columbia on Saturday, leaving them stranded in the frigid water for nearly 20 minutes while rescue crews rushed to the scene.

The sailors only had time to make one mayday call when their vessel started taking on water at 11:23 a.m., forcing them to abandon ship and jump into the choppy water

near Powell River on the Sunshine Coast, said Powell River coast guard Capt. Denis Taylor on Sunday.

When the coast guard's rubber boat and two rescue specialists arrived on scene about 10 minutes later, six people were bobbing in the water with no vessel in sight.

"The skipper and his daughter almost got dragged down with the boat but they popped back up," Taylor said. "They got lucky."

The coast guard, which also sent a 47-foot vessel to transport the survivors, recovered all six despite challenging conditions: 25-kilometre winds and five-foot waves. A B.C. Ferries vessel and a fishing boat also helped with the rescue.

The survivors were taken to hospital, where a few were treated for hypothermia.

"They were all a bit in shock; rightly so," Taylor said. Five of the six people wore life-jackets, he added, and the only reason the last man survived was by holding on to another.

"Twenty minutes in the freezing water without life-jackets, it would have been a different outcome," he said.

The rescue was good for the coast guard's morale, as a successful outcome in such a situation "doesn't happen frequently enough," Taylor said. "It's not an everyday occurrence that we fish people out of the water."

With summer around the corner, the coast guard reminds people to always wear life-jackets. Boaters should also be aware it is the law to respond to a distress call when on the water.



A CULTURE IN FULL BLOOM

The VanDusen Botanical Garden was taken over by the 2014 Sakura Days Japan Fair this past weekend, just in time for the cherry blossoms to bloom. The two-day festival showcased the best in Japanese culture, performing arts and cuisine, exhibiting a wide variety of demonstrations and activities for both adults and children. MATT DESOUZA/FOR METRO



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The study is being conducted by **Dr. Raymond Lam** at the Mood Disorders Centre, UBC Hospital.

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Langley

Man charged with attempted murder of estranged wife

A 44-year-old man is facing 13 criminal charges after a fire and alleged attack at the Langley home of his estranged wife.

RCMP Cpl. Holly Marks says the charges against Andre Richard include attempted murder, arson, break and enter, assault and breach of recognizance.

Police were called to the burning home early Wednesday morning.

They allege the woman was assaulted with a weapon, and when her daughter tried to intervene, she, too, was struck.

Richard was arrested on Thursday in Fernie.

THE CANADIAN PRESS

Coquitlam

Pub cited for after-hours service during Ford visit

British Columbia's liquor regulator says a Coquitlam pub that was apparently visited by Rob Ford during the Toronto Mayor's brief trip to the West Coast was cited for serving patrons after hours over the incident, but it won't face fines or suspensions.

The Toronto Star published a story in February that alleged the Foggy Dew pub served Ford after the bar's last-call time of 2 a.m.

B.C.'s liquor regulator looked into the allegations and on Friday confirmed the pub was handed two citations. THE CANADIAN PRESS



Brad White and his two daughters, Piper and Marley, have lived inside Grandview Housing Co-op for seven years. While they don't currently need any rent assistance, they have used it before to help their family through tough times. They're worried about what the future could mean for their community if the province doesn't help subsidize the co-op once its federal contract ends in November. SAM SMITH/FOR METRO

Province asked to pick up co-op housing slack

Stamp of approval. Metro Vancouver announces its support of CHF BC's 'You Hold the Key' campaign

SAM SMITH
vancouver@metronews.ca

With thousands living in housing co-ops around the country facing the potential of losing their homes over the next several years, Metro Vancouver has announced its support for

the province to pick up the tab.

The GVRD board gave its stamp of approval at the end of March in support of the Co-operative Housing Federation of BC's (CHF BC) "You Hold the Key: Fix the Co-op Housing Crunch" campaign.

It seeks to have the provincial government invest up to \$10 million a year by 2021, the last year when federal contracts currently subsidizing housing co-ops are all set to expire, taking with them the rent assistance one-third of residents need to pay their bills.

Thom Armstrong, execu-

tive director of CHF BC, was pleased to receive their support.

"This is a vote of support for seniors, people with disabilities, single parents, new Canadians and many others who need help from the provincial government to remain in their homes," Armstrong said.

However, the Ministry of Housing has said the province won't be taking over the subsidies, and have urged the housing co-ops to see if they can find a solution with BC Housing.

"As a hybrid ownership model, they don't easily fit

into provincial rent assistance programs ... unless the co-op rents out units under a rental agreement," a ministry spokesperson said in an email.

When asked whether or not the support of Metro Vancouver for the CHF BC campaign would have any effect on the province's position, the ministry did not respond.

Several federal housing subsidies end this year, including the contract with Grandview Housing Co-operative in Vancouver which houses 19 families, one-third of which will lose their rent-assistance come November.

1 NEWS



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Cadets march in line at Victory Square on Sunday to commemorate the Battle of Vimy Ridge, which took place 97 years ago. MATT DESOUZA/FOR METRO

Soldiers of Vimy Ridge honoured

Victory Square. Veterans lay wreaths to pay their respects to estimated 3,600 Canadians killed, 700 of whom were from B.C.

Hundreds of uniformed cadets lined the streets surrounding Victory Square Sunday to honour the soldiers who gave their lives 97 years ago to the day at the Battle of Vimy Ridge.

It was a bloody fight when for the first time, all four of the Canadian Expeditionary Forces

— made up of 30,000 Canadian soldiers — charged head first into the Axis army in France during the First World War.

Now, 97 years later, members of those same forces surrounded the cenotaph at Victory Square to lay wreaths and pay their respects to the estimated 3,600 Canadians who died, 700 of which were from B.C. "It's important that we try to pass on to every new generation the reason that we are all here today," said Robert Chown, a 79-year-old member of The Seaforth Highlanders of Canada, one of the four forces that fought at the Battle of Vimy Ridge.

Chown joined as a 13-year-old cadet, following in the footsteps of his father, a veteran of the First World War.

During his time in the force, he met with veterans of several wars and learned the importance of sacrifice and defending one's country.

"Meeting the veterans of Korea, the Second World War, the First World War, it was a wonderful experience because many of these soldiers were such fine people," Chown said.

The ceremony concluded once 12 wreaths were laid upon the cenotaph by members of each regiment.

SAM SMITH/FOR METRO

By 2015?

Fight against homelessness 'top priority': Mayor

Vancouver Mayor Gregor Robertson says he hasn't backed down from his goal to end homelessness by 2015, despite admitting in a telephone town hall last week that it would be difficult.

"It has always been and will continue to be a top priority of my work as mayor," Robertson said.

But Robertson told supporters the city needs help from other levels of government to get the remaining homeless people — estimated at 273 in 2013 — off the streets.

EMILY JACKSON/METRO

Pilot program. Select patios granted one-hour extension to midnight

If you can brave the somewhat chilly evenings, you can now officially enjoy a Vancouver patio until midnight.

Fifty-three establishments have received the city's blessing to keep their patios open one hour later between April and October as part of a pilot program to extend patio hours and make the city less of a snore.

If restaurants and bars have a good track record, up-to-date insurance and no noise complaints on file within the past year, they are eligible to apply online for the one-hour extension.

The city has 317 large patios and 277 small patios that can



Patrons enjoy the patio at Chill Winston in Gastown in 2013. METRO FILE

try to take advantage of the extra service hour. But before the extra hour is permanent, staff must make sure patrons aren't getting too rowdy.

EMILY JACKSON/METRO

Child porn. Multiple victims in exploitation case: Nova Scotia RCMP

A 15-year-old boy is facing charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cellphones from a home near Truro, N.S.

Colchester District RCMP say they received a call from the public Friday and officers seized electronics believed to have evidence from a home in central Onslow. The 15-year-old was arrested at the scene.

"We don't believe this is an accidental thing where a mistake was made," said Cpl. Adie MacCallum.

"We believe this was a deliberate act."

He wouldn't release any details on the victims, including the gender, but said there are "more than one" between 12 and 18 years old who are from Nova Scotia.

Current status

The accused teen has been released to the custody of his parents on conditions, and is due in youth court April 14.

MacCallum said police are in the early stages of their investigation, and more charges such as the production of child porn could be laid.

This type of incident where a teen faces child porn offences is "not a common thing," MacCallum said, but he has noticed an increase over the last few years due to social media making these cases more prevalent.

"You're dealing with a very vulnerable segment of the population," MacCallum said.

HALEY RYAN/METRO IN HALIFAX

On the stump. Mulcair says campaign has begun

If there was any question over whether the next election campaign is already underway, New Democrat Leader Tom Mulcair put those doubts to rest this weekend.

"Our campaign is already starting," he said in French during a stump-style speech on Sunday to party faithful.

To underscore that point, the NDP announced it has put in place the team that is going to lead it into the next federal election. MPs Jean Crowder and Alexandre Boulerville are to be the architects of the NDP's 2015 election strategy, while veteran strategist Anne McGrath is the party's new na-

tional director.

But it was Mulcair's address to the NDP's federal council — and his broadside against Liberal Leader Justin Trudeau — that really drove home the point that the campaign is in full swing.

The Liberals under Trudeau have been trying to court middle-class voters in the run-up to the next election. But the NDP leader said Trudeau's upper-class upbringing puts him out of touch with middle-class Canadians.

"The problem is, Justin Trudeau will never know what middle class means," Mulcair said. **THE CANADIAN PRESS**

Quebec election

Marois optimistic despite polls

Pauline Marois made a last-ditch appeal to supporters on Sunday to get out and vote for her Parti Québécois on election day, ruling out any kind of deals with the Coalition party to shore up her party if it wins another minority government.

Marois and Quebec's other political leaders were in their final sprint to round up support in what appears to be a tight race to victory in Monday's election.

THE CANADIAN PRESS

Hollywood

Legendary Mickey Rooney dies

Actor Mickey Rooney, whose career spanned more than 80 years, has died. He was 93.

Los Angeles police Cmdr. Andrew Smith said that Rooney was with his family when he died Sunday at his North Hollywood home.

It's likely no one will ever match Rooney's career for sheer length and variety in show business. He was nominated for Oscars four times and won two special Oscars. **THE ASSOCIATED PRESS**



People clash with police at the regional administration building in Donetsk, Ukraine, on Sunday. ALEXANDER ERMOCHENKO/THE ASSOCIATED PRESS

Buildings seized in east Ukraine

Demonstrators attack.

Interior Minister Arsen Avakov says no heavy-handed measures will be adopted to deal with the unrest

Quoted

"Putin and Yanukovich have ordered and financed another round of separatist unrest in the east."

Interior Minister Arsen Avakov, blaming protests in eastern Ukraine on the Russian president and former Ukrainian president

Crowds of pro-Russian demonstrators stormed government buildings Sunday in several major cities in eastern Ukraine, where secessionist sentiment has sparked frequent protests since Ukraine's Russia-friendly president was ousted in February.

In Donetsk, 80 kilometres west of the Russian border, a large group of people, including many in masks carrying sticks and stones, surged into the provincial government building and smashed windows.

A gathering of several hundred, many of them waving Russian flags, then listened to speeches delivered from a balcony emblazoned with a banner reading "Donetsk Republic." Activists in the building said they want to see a referendum for the Donetsk

province to join Russia.

An AP photographer reported seeing people bringing car tires to be used as barricades against any presumed attempt by authorities to retake the building.

Eastern Ukraine was the heartland of support for Viktor Yanukovich, the president who fled to Russia in February after months of protests. About half of the region's residents are ethnic Russians, many of whom believe Ukraine's acting authorities are Ukrainian nationalists who will oppress Russians.

Ukraine's interim authorities deny they are infringing the rights of the ethnic Russian population and accuse Moscow of trying to sow instability. Russia has moved large contingents of troops to areas near the Ukrainian border, and speculation is strong

that unrest in eastern Ukraine could be used as a pretext for a Russian incursion.

Since Crimea held a referendum to secede and then was annexed by Russia in March, calls for similar referenda in Ukraine's east have emerged.

President Oleksandr Turchinov's office said in a statement he had cancelled a planned visit to Lithuania this week to take personal charge over the situation in eastern Ukraine.

In Luhansk, to the northeast from Donetsk, hundreds of people surrounded the local headquarters of the security service and later scaled the facade to plant a Russian flag on the roof. Ukrainian media reported that demonstrators pelted the building with eggs, and then stones, a smoke grenade and finally a firebomb. The flames were reportedly

quickly extinguished.

A police officer and a demonstrator were injured in the disturbances.

Local media reported similar unrest in Kharkiv, less than an hour's drive from the Russian border.

Interior Minister Arsen Avakov wrote on his Facebook account that Russia was to blame for the turbulence.

"Putin and Yanukovich have ordered and financed another round of separatist unrest in the east," he said. "Not many people have gathered, but they are behaving aggressively. In Donetsk, the crowd brought many children and women for the storming. They are provoking a spillover into blood."

Avakov said no heavy-handed measures would be adopted to deal with the unrest.

"The situation will be brought back under control without blood," he said. "The Interior Ministry will not shoot at people, at this gang of paid-up provocateurs. Among the protesters, there are many that have been deceived, many that have been paid."

THE ASSOCIATED PRESS

Search teams race against time to verify ocean signals

Flight 370. Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying sophisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.



A U.S. navy P-8 Poseidon plane takes off from Perth airport in Australia on Sunday to rejoin the search operation for the missing Malaysia Airlines Flight MH370. ROB GRIFFITH/THE ASSOCIATED PRESS

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions about whether any of

the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian air chief marshal Angus Hous-

ton, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more easily found, but the batteries last for only about a month. THE ASSOCIATED PRESS

Call for help. U.S. navy rescue sick baby girl from crippled sailboat

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound U.S. navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman, leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around the world when Lyra developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air Nation-



Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3. THE ASSOCIATED PRESS

al Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water.

THE ASSOCIATED PRESS

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TRANS LINK

Rwanda's pain remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukarurinda and Emmanuel Ndayisaba are friends. She is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near each other and shop at the same market.

Their story of ethnic violence, extreme guilt and, to some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human rights

Ethnic tensions remain

"Hutus would wake up in the morning and go hunting for Tutsis to kill."

Alice Mukarurinda, recalling how Rwanda's Hutu majority killed more than one million Tutsis and moderate Hutus.

groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two decades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emmanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days



Emmanuel Ndayisaba wielded a machete that took Alice Mukarurinda's baby and her right hand. THE ASSOCIATED PRESS

of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

Rwanda is the most

densely populated country in mainland Africa, slightly smaller than the U.S. state of Maryland but with a population of more than 12 million. The countryside is lush green, filled with uncountable numbers of banana trees.

The Hutu-Tutsi divide may be the country's most notorious characteristic but also its

most confounding.

In the months after the genocide, guilt gnawed away at Emmanuel. He saw his victims during nightmares. In 1996, he turned himself in and confessed. His prison term lasted from 1997 until 2003 when Hutus who admitted their guilt were pardoned.

THE ASSOCIATED PRESS

That the world may learn

Silent march through Ottawa

Alain Ntwali's 100-day ordeal of survival began after he watched his parents die.

The 10-year-old moved from house to house, two to three times a week, in what would ultimately become a successful attempt to stay one step ahead of the marauding, machete-wielding Hutu militiamen ravaging the Rwandan capital of Kigali.

On Monday, the 30-year-old who came to Canada in 2005 will join a procession marching silently from Parliament Hill to Ottawa City Hall in memory of the 20th anniversary of the Rwanda genocide. THE CANADIAN PRESS



Alain Ntwali
THE CANADIAN PRESS



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How immigrants stay in the country

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Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.



Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.



Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

Canada: Come one,



Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.



Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens



MIKE DONACHIE
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavisa.com.

He's troubled by some of the proposed changes, espe-

cially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness

and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1
Change and effect

1

Day 2
What Canada wants
vs. what it gets

2

Day 3
Where we come from,
where we go

3

Day 4
Happy times,
hard times

4

come all?



Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

TORSTAR NEWS SERVICE FILE

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of

work, he said.

But one academic differs. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

TOLD IN FIVE PARTS

Day 5

The future and beyond

5

Online

Live the stories of three immigrants in our five-part video series at metronews.ca



Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British

Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American

that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

A brief history lesson in Canadian immigration

1902 The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.	1913 Nearly 800,000 people immigrate to Canada, most of them with British roots.	1914-18 Immigration slumps during the First World War.	1928 The opening of Pier 21, the Atlantic gateway to Canada.
1950s Canada receives about 1.5 million immigrants from Europe.	1962 New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.	1979-80 60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.	2002 The Immigration and Refugee Protection Act comes into force.

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.



Paula Garcia

Age: 23

Home country: Colombia

Her plan: To shape Canada's future as a teacher



Surya Acharya

Age: 23

Home country: Nepal

His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

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Are pot stocks a token, er, joke?



HOW TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with investing pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions

(CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Cannabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges,



Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

such as the Toronto Stock Exchange or NASDAQ.

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the

developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

Low grocery prices good, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

Kyle Murray, director of the school of retailing at the University of Alberta, said that while all the competition is likely to lower

prices in the short term, "it also forces the companies to do things they may not otherwise do."

"In order to get those lower prices you're going to see an increase in things that improve efficiency, but they may not improve the quality of the product or even the shopping experience," he said.

That could mean the disappearance of an in-store bakery, or butcher, because it's cheaper to package those products centrally and then ship them to the stores.

It may also result in retailers cutting costs by moving from local to global supply chains, which may not always take the most sustainable or environmentally friendly approaches to

Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a \$5.8-billion deal and promptly angered suppliers by demanding retroactive price breaks.
- In March, Loblaw's \$12.4-billion purchase of

Shoppers Drug Mart Corp. was approved, leaving the combined company with roughly 2,300 corporate, franchised and associate-owned stores across Canada, and nearly 1,800 pharmacies to introduce their grocery product lines.

delivering products.

"You can have issues around the quality of products and the way products are manufactured; the type of ingredients that go into some of the consumer packaged goods," said Murray.

"In order to get prices low you have to do things in some cases, like replace

cane sugar with corn syrup. Some of those things that may not be as obvious right away are also the result of pushing prices lower. There is some breaking point. You can't just continue to lower your prices, you do have to start to change the product a little as well."

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NO REASON TO KEEP CAPTIVE

You must have seen it: that powerful and beautiful photograph that advertises the Vancouver Aquarium.

It features a little kid and a beluga whale, encountering each other through the glass at the aquarium. It's awe-inspiring.

The only problem is that every time I look at it, I imagine the whale going: "Kid! I'm being held captive here against my will! You have to tell somebody!"

Then, after the photo is taken, the kid goes for the promised ice cream, and the whale goes back to his fellow prisoners: "Sorry, guys, but the kid wasn't listening. We're stuck here, I guess."

I could be wrong, but these are whales, not goldfish. (For all I know, goldfish don't like living in bowls either.) Beluga whales, the kind held captive at the aquarium, live in big happy pods in Hudson's Bay or the Arctic Ocean, which have a bit more room than



URBAN COMPASS

Paul Sullivan

vancouver@metronews.ca

the aquarium, and can dive as deep as 800 metres.

They haven't evolved to live in solitary confinement in a cement pond.

Every now and then, the issue of keeping whales in captivity crops up at the aquarium. Now is one of those times. One of Vancouver's top tourist attractions, the aquarium is undergoing a \$100 million expansion, and when it's finished in 2016, the plan is for belugas to be the centrepiece of the brave new facility.

The aquarium has plans to add another male to the mother-daughter combo now at the aquarium — their assigned cute names are Aurora and Qila — with the objective of making a baby half-brother or sister for

Qila. Qila was born at the aquarium; she has the distinction of being the only home-grown whale left. The rest, uh, died.

You have to wonder if the aquarium's scheme will hatch. The Vancouver Park Board has a commitment to review the practice of keeping whales at the Aquarium in 2015 and the chorus of critics is starting to warm up. It's all very nice to see these magnificent beings close up, but they have a disconcerting tendency to die while we're doing it.

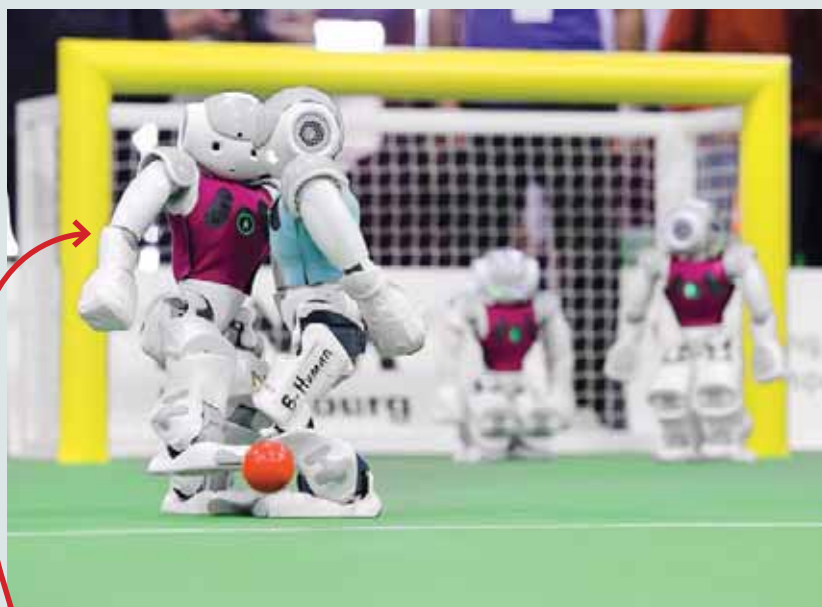
You may remember Bjossa, the aquarium's last orca, who kept trying to give birth but her babies kept dying in front of everyone. Then there was Kavna the beluga, who died of cancer in 2012, in front of an appalled crowd. She was 46. The aquarium says she lived a long and healthy life, but how would you feel if you had spent your entire life confined to the bath tub, only to die surrounded by tourists?

There are an estimated 150,000 belugas in the wild, so there's no actual need to keep them in captivity to prevent them from going extinct. The only reason for keeping them has to be entertainment, er, education.

And now that we've watched them die or go bat crazy for 50 years, aren't we educated enough?

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLIETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12



Participants check out robots at the 2014 RoboCup. GETTY IMAGES

countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

What about World Cup?

- Dystopian future. The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- Not all fun and games. The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

METRO AUGMENTED REALITY

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MetroTube

One Vine account worth watching



ANDREW FFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



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The Massey Lectures

By: House of Anansi Press

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This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Director reflects on his horror hang-ups

Mirror, mirror.

The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER
scene@metronews.ca

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like *The Boogeyman* and *Mirrors* have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, *Oculus*.

Oculus is the followup to director Flanagan's unnerving low budget horror hit *Absentia*. And like that meticulously designed, grim fable, *Oculus* uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the director's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles. "My childhood was



Oculus opens on Friday. CONTRIBUTED

very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?'

"Maybe watching and making movies are a playground to exorcise any demons that might be there. Movies keep me happy, I guess."

There's nothing happy about *Oculus*, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portals and

relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that *Oculus* was based on in 2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it."

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider."

Quoted

"Maybe watching and making movies are a playground to exorcise any demons that might be there."

Mike Flanagan on making horror films

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."

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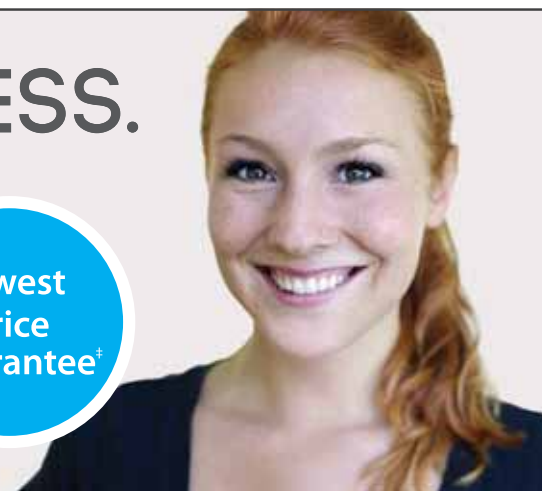
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James Franco ALL PHOTOS GETTY IMAGES

Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because

I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.

Heard the rumour? Depp crushes fantasies, claims he's no savage

Johnny Depp isn't taking rumours that fiancée Amber Heard might be knocked up lying down. Reports surfaced recently suggesting that the couple's sudden decision to marry was motivated by a baby on

the way, but Depp himself seemed shocked by the idea when the "Today" show's Savannah Guthrie asked him about the rumour. "Good God, what do you think I am, a savage?" Depp responded. "No, it's not a shotgun affair."



Johnny Depp

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Juan too many? Drinks tossed at ex-Bachelor



STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of *How I Met Your Mother* lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

This week in abject disappointment: 1) A



Ariana Grande

Grande denies Sam & Cat fight over salaries with co-star McCurdy

Are Ariana Grande and Jennette McCurdy feuding? The writing is sort of on the wall: Despite being the most popular series on Nickelodeon, their show *Sam & Cat* has yet to receive a second season pickup, so something must be going on behind the scenes. The two young actresses, who both started out as second bananas on other Nick sitcoms, are at very different places in

their careers now: Grande is a rising pop star who's being positioned as the new pre-twerk Miley Cyrus, while McCurdy is, well, on *Sam & Cat*. Rumour has it that McCurdy is angry that Grande has a much higher salary than she does. Grande, however, has taken Twitter to deny that she and McCurdy are feuding over money — in fact, she says they make the same amount.



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Gail blogs daily at gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a \$20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!



Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. ISTOCK

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do

you go to the banking machine? (If you're going more than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into

buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Found your new bank? Follow these five steps to make the switch as painless as possible

1 Open the new account and get all the information you'll need like the account number, your branch number, and the like. If you're using cheques, order some.

You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.

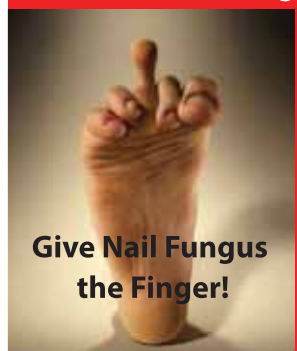
2 List your auto-transactions. What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.

4 First switch over all deposits and then switch over the withdrawals. That way there will be money in the new account when withdrawals start.

3 Reconcile your account.

5 Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals. Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

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'Round the world wisdom

The mess will be minimized when you start with the man in the mirror



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Have you ever heard yourself whine or complain? We are all relatively intolerant of people who indulge in this behaviour, but how frequently do we look in the mirror and apply the same intolerance to ourselves?

During my preparation for the Gobi, I set up a "war room" and used a whiteboard to deconstruct all the components of my training regime, including a section to focus on my mental preparation and toughen up mentally. What showed up instead were all the grievances that were appearing as I trained. During the prep, more than one hundred complaints surfaced. I wrote them down for



If the voice in your head is telling you that you can't, speak your worries aloud to realize they are both small and solvable. ISTOCK

Comedy in the complaints

As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself. And then, the complaining just ... ceased.

my family and me to see.

Over time, the intended outcome materialized: The more I looked at the board, the more I got sick and tired of reading about a grown man complaining.

As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud

at myself.

And then, the complaining just ... ceased. If it reared its ugly head, I laughed, dismissed it and moved on rather than giving it any importance — or worse, giving it a life force that could derail me.

Any big project will invariably entail breakdowns along the way, including self-doubt and complaints. The key to overcoming these obstacles lies in our ability to bounce back, hopefully bounce forward, and over time, to lessen the frequency with which our very own unproductive "voice" comes calling. And few things are more powerful than looking in the mirror to deaden the voice.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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If you want a new twist on serving your salmon, you've got it right here! Serve up this Salmon with Pesto and Cream Cheese.

It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet over high heat, add the nuts and stir often for

FLASH FOOD



From your fridge
to your table in
30 minutes or less

about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like to always use the method of measuring the salmon at the thickest part. For every one inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above,

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil

puree all ingredients, remove the 2 tbsp for the filling and save the remainder for a later use.)

3. Make a small vertical slit



**TOTAL
TIME
ABOUT 17
MINUTES**

This recipe serves six. ROSE REISMAN

on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep. Stuff each fillet by dividing the pesto filling between the

6 fillets.

4. Place on prepared baking sheet and bake for 10 minutes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving (salmon with one tablespoon of pesto)

• Calories. 282

• Carbohydrates. 16. g

• Fibre. 0.4 g

• Protein. 28 g

• Total fat. 16.9 g

• Saturated fat. 3.7 g

• Cholesterol. 79 mg

• Sodium. 130 mg

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Vancouver's playoff hopes on life support

NHL. Canucks still a long way from post-season despite impressive win Saturday versus Kings



CAM TUCKER
cam.tucker@metronews.ca

Technically, they're still alive. It's the faintest of playoff pulses.

The Vancouver Canucks took care of their business on Saturday, coming from behind in the third period to defeat the L.A. Kings at Rogers Arena. On Sunday, the Dallas Stars, holders of the second wild-card spot in the Western Conference, lost to the Florida Panthers.

So, for now, the Canucks are still mathematically in the race.

They sit 11th, tied in points with Nashville at 81. They're still six back of the Stars, who have five games remaining in their schedule. Vancouver has only four games left.

It would, and this isn't the first time this has been said in recent weeks, take a miracle for them to get into the post-season. The swoon that continued through from the end of December until now has pushed them out of the playoff picture.

Trying desperately to get back in, the Canucks have increasingly been forced to deal with the reality that it likely won't happen.

And now, they have three



The Canucks' Brad Richardson and David Booth celebrate Richardson's winning goal against the Kings in Vancouver, Saturday. DARRYL DYCK/THE CANADIAN PRESS

Nothing to lose

"Torts just told us go have fun and play and, you know, what the hell? It seems like we've talked about that for a while." Canucks forward Brad Richardson

teams to leapfrog.

Although on Saturday, while staring elimination in the face — not to mention

the days and weeks of questioning, scrutiny, criticism and potential for change at the general manager or head

coach positions — the Canucks came up with their best 20 minutes of hockey in some time.

With uncertainty about the future of GM Mike Gillis and coach John Tortorella, the Canucks threw 20 shots on L.A.'s goalie Jonathan Quick in the final period, scoring twice for the rare victory over the Kings.

"What do we have to lose, right?" said Brad Richardson, who scored the winner with 1:23 remaining in regulation time.

"Torts just told us go have fun and play and, you know, what the hell? It seems like we've talked about that for a while."

The Canucks now host the Anaheim Ducks on Monday.

'Caps unhappy with refs in loss

Their first loss of the season was a controversial one.

The Whitecaps fell down to 10 men with the red-card ejection of midfielder Matias Laba in the second half, then gave up two quick goals in a 2-1 loss to the Colorado Rapids at BC Place Stadium on Saturday.

So a perfect home record is now beyond achievement.

The turning point in the match was in the 77th minute, when Laba was given a yellow card for a handball where it appeared he was

fouled. Because he had already received a caution earlier in the second half, the second yellow meant he was ejected from the game.

The Rapids took advantage. Jose Mari scored twice in two minutes — his first coming two minutes after Laba was sent off — to give Colorado the lead.

"I could sit here and say I haven't seen it, but I have seen it. It's obviously a foul. And he sent him off for a decision I think he got wrong, in my opinion, and obvious-

ly it cost us the game," said Whitecaps head coach Carl Robinson afterward.

The loss drops the Whitecaps' record to 2-1-2 to begin the season.

Darren Mattocks scored his first of the season and the lone Vancouver goal.

The Whitecaps are on the road for their next match, looking for their first win of the season away from BC Place, as they travel to Los Angeles to take on the Galaxy.

CAM TUCKER/METRO



Drew Moor of the Rapids defends against Darren Mattocks of the Whitecaps during their MLS game Saturday in Vancouver. JEFF VINNICK/GETTY IMAGES

4 SPORTS

Sabathia continues to crack Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber-match win

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he

Leaving his mark

Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.
- It was the 3,320th hit of Jeter's career, moving him

past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.

- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.
- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

was in the zone, guys were off balance. That's a good sign.

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first

Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just 3 1/3 innings. He struck out six but walked three and hit a batsman with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it



Brian Roberts of the New York Yankees gets the force out at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

previously.

"He was high in the (strike)

zone a lot. That's not who he is," said Gibbons. "He'll get

back down there."

THE ASSOCIATED PRESS

MLB

M's overpowered in Oakland

Reigning AL saves leader Jim Johnson struck out two and closed it out this time after losing back-to-back outings to begin with his new team, sealing the Oakland Athletics' 6-3 win over the Seattle Mariners Sunday. Brandon Moss hit a three-run homer, Yoenis Cespedes connected in the eighth and Josh Donaldson had an infield single in the fifth to drive in the go-ahead run.

THE ASSOCIATED PRESS

NBA

Leonard leads Spurs past Grizz

Kawhi Leonard matched his career high with 26 points, Manu Ginobili had a season-high 26 and the San Antonio Spurs eased to a 112-92 victory over the Memphis Grizzlies on Sunday after losing Tony Parker to injury.

Parker's status is unknown after he was forced to leave with back spasms early in the first quarter.

THE ASSOCIATED PRESS

Curling

Canucks fall to Swiss at worlds

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

Taurus

April 21 - May 21

Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

Gemini

May 22 - June 21

Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

Cancer

June 22 - July 23

Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

Leo

July 24 - Aug. 23

Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

Virgo

Aug. 24 - Sept. 23

Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lesson.

Libra

Sept. 24 - Oct. 23

Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

Scorpio

Oct. 24 - Nov. 22

You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

Sagittarius

Nov. 23 - Dec. 21

Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

Capricorn

Dec. 22 - Jan. 20

Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

Aquarius

Jan. 21 - Feb. 19

You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

Pisces

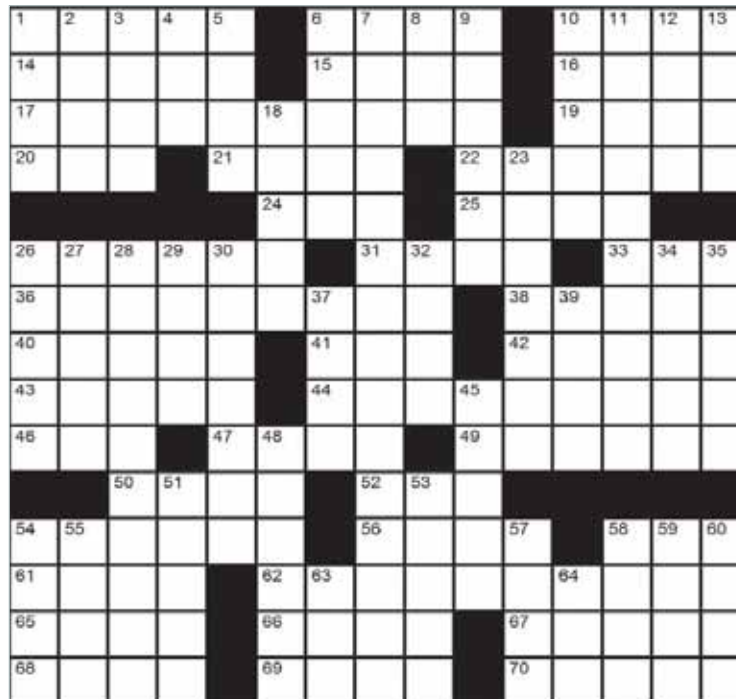
Feb. 20 - March 20

Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- City in Quebec
- ___ is me :(
- "Dial ___ Murder" (1954)
- Valley in Ontario depicted by The Group of Seven
- "Go! Go! ...and Go!"
- Singer Mr. Blacc
- NFLD.: Peridotite rocks in Gros Morne National Park
- Bereft, in poetry
- I am. You ___
- Ancient harp
- Savvy
- Purring pet
- 2014
- Materialize
- Legal gig, __. DA
- Caesar's 2050
- Canadian actress/comedian born in St. John's, Newfoundland: 2 wds.
- English actress Anna
- "If ___ a Carpenter"
- Ms. Hagen
- Cartoon kid on "The Cleveland Show"
- Sporty events
- BC city
- Pou ___ (Vantage point)
- Undecided
- Rented
- Alaskan city
- Volkswagen car, Jetta ___
- Metric measures



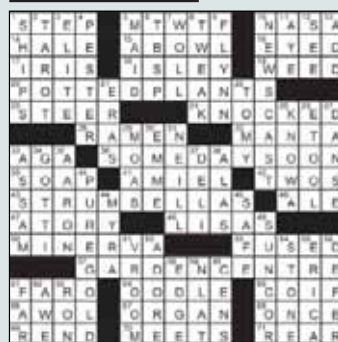
- Labels
- Shania Twain's "Any ___ of Mine"
- Shape sort
- Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
- Kind
- Mr. Ferrigno's
- Purposes

- Catches
- French 101 verb
- The ___: "What's Fair Is Fair" band from Nova Scotia
- Down
- Spying's Hari
- Culture medium
- Mr. Kaplan
- Graduation bird
- Highlander

- Scarlett's surname
- Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: ___-___
- Library ref.
- Written works
- Mediterranean island
- They were owned by Canadian family

- The Ogilvies: 2 wds.
- Certain cloud
- Quebec singer Mr. Simard
- Fitness fabric
- Unconstrict: 2 wds.
- Types of rulers [var. sp.]
- Be a kitten. See a toy. Do this: ___ it.

Friday's Crossword

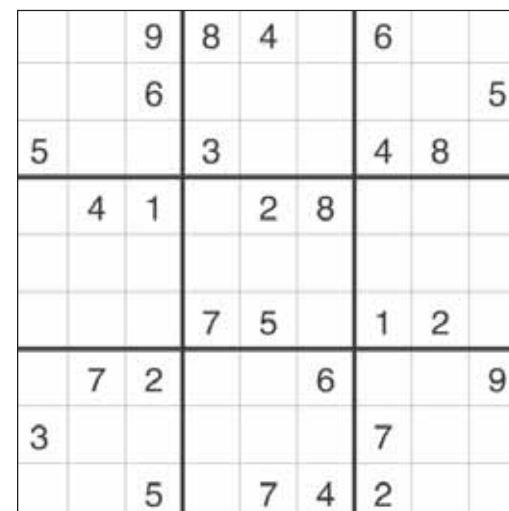


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Time in The New World before the Europeans
- Jane ___ (Famous book)
- Fantastic
- Hoax
- Type of disturbance
- Andrew Webber link (Musicals composer)
- Dylan's portrayal on "Beverly Hills, 90210"
- Uncommon, in Latin
- HMS Bounty: Captain ___
- Mortar and ___ (Kitchen duo)
- Heraldic wreaths
- Expire
- Shelley of "Cheers"
- Jazz vocalist Ms. Anderson
- Procedure, for short
- Mr. Holmes, Canadian contractor
- "___ Good Men" (1992)
- Headland
- Deteriorate
- WWI part

Today

14°/9°
Showers

Tuesday

12°/7°
Rain
90%

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How's your wealth doing? As a former banker and then financial planner, we soon realized that we weren't helping people to become wealthy, we were just salespeople pushing the banks products and making the banks wealthy, not our clients. After leaving the financial services industry, wealthy investors revealed the way they REALLY invest, eluding even the most seasoned so called "financial experts."

Since then, we've spent the last 20+ years continuing to build our relationships with wealthy investors while investing ourselves through up and down markets discovering what and where, the very best investments are. We also learnt how the most successful investors make money, protect it and grow it in any market.

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big banks at "retail prices." Those with more knowledge, invest differently.

Wealthy investors often seek out alternate investments or learn how to create their own - often keeping these strategies a secret. Kevin O'Leary from Dragon's Den even admitted that behind the scenes, the Dragons often invest in each other's private deals. In other words, the wealthy create their own investments and then keep them behind closed doors...until now!

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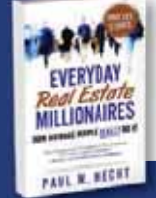
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